

Gathering Love

An Offering of
Inspirational Quotes

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Printed in the United States of America

Gathering Love

Words of Wisdom

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How to use this book...

This is a collection of quotes taken from the talks and articles of Jim Gordon and Brian Yeakey. The quotes are not in chronological order, but have been arranged, instead, by topic. There are a number of ways to use this book. First, the reader can simply start at page one and read straight through to the final page. A second way to use this book is for the reader to select a topic of personal interest or one that seems especially relevant to the situation of the moment. A third way to use this book is a bit less structured. Instead of starting with an intentional focus, one simply allows the book to open to any page and chooses a passage at random, allowing the energy of the passage to stir the inner wisdom of the reader into greater wakefulness.

All of the quotes present here have been selected by the editor as ones that have been personally meaningful, instructive, and inspiring. Regardless of the topic, the energy of Jim and Brian's Loving resonates through all of the quotes. It is the editor's hope that you, too, may find a response to that Loving within yourself as you read these quotes, share them with your friends and family, and incorporate them into your contemplative practice.

Some of the pages in the back of this book have been left blank. This is not a publishing error, but rather a way for you to collect your own favorite quotes by Jim and Brian and include them in this book.

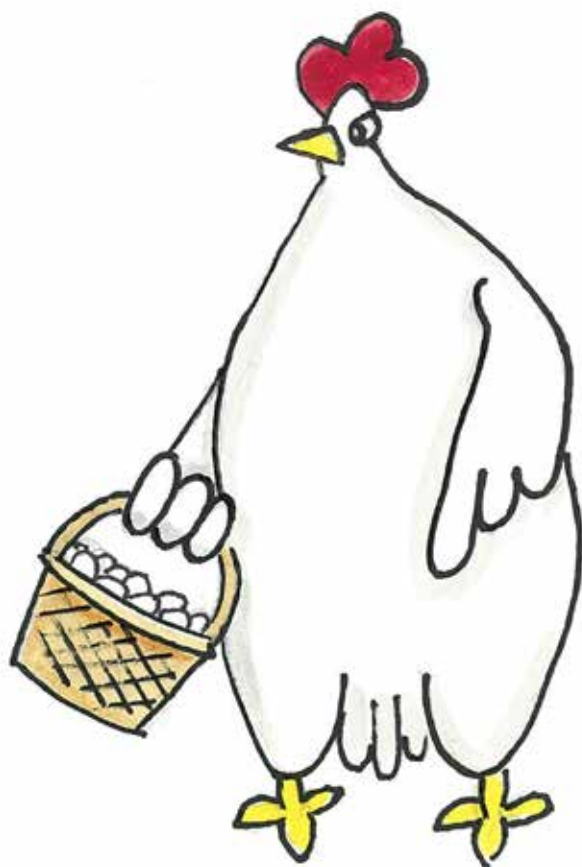
| TOPICS | PAGE | TOPICS | PAGE |
|------------------|-----------|---------------------|-----------|
| A | 13 | CO-OPERATION | |
| ACCEPTING | | CREATIVITY | |
| ACKNOWLEDGE | | CREATION | |
| ADVERSARY | | D | 35 |
| ANGER | | DARKNESS | |
| ASK | | DEATH | |
| ATTACHMENT | | DESIRE | |
| ATTENTION | | DEVOTION | |
| ATTITUDE | | DISAPPOINTMENT | |
| AVOID | | DISTRACTIONS | |
| AWAKENING | | DISTURBANCE | |
| AWARE | | DIVINE | |
| B | 21 | DUMB | |
| BELIEVE | | E | 39 |
| BLESSINGS | | EGO | |
| BLOCKS / BONDAGE | | ENERGY | |
| C | 25 | ENTHUSIASM | |
| CHALLENGE | | ESSENCE | |
| CHANGE | | EXPERIENCE | |
| CHILD / CHILDREN | | F | 43 |
| CHOICE | | FEAR | |
| CHRIST | | FOCUS | |
| COMMITMENT | | FORGET | |
| COMMUNITY | | FORGIVE | |
| CONNECTION | | FREEDOM | |
| CONFIDENCE | | FULFILLMENT | |
| CONFRONTATION | | G | 43 |
| CONSCIOUS | | GIVING | |
| CONSTRAINT | | GOAL | |
| CO-DEPENDENCE | | GOD | |
| CONTROLLING | | GOODNESS | |

| TOPICS | PAGE | TOPICS | PAGE |
|-----------------|-----------|--------------------|------------|
| GOOD NEWS | | LET GO | |
| GRACE | | LIBERATION | |
| H | 57 | LIFE | |
| HAND OF GOD | | LIGHT | |
| HATRED | | LISTENING | |
| HEALING | | LONGING | |
| HEART OF GOD | | LOOK | |
| HOLINESS | | LOVING / LOVE GOD | |
| HOLY ONE | | M | 85 |
| HOLY SPIRIT | | MEDITATION | |
| HONEST | | MEASUREMENT | |
| HONOR | | MIND | |
| I | 61 | MOTIVATION | |
| ILLUSION | | N | 93 |
| IMPATIENCE | | NEXT STEP / GROWTH | |
| INFORMATION | | NOW | |
| INITIATION | | O | 97 |
| INNER | | OBSERVE | |
| INSPIRATION | | OPENING | |
| INTENTION | | OPPORTUNITY | |
| J | 65 | OUTER | |
| JESUS | | OVERCOMING | |
| JOURNEY | | P | 101 |
| JOY | | PAIN | |
| JUDGMENTS | | PATH | |
| K | 69 | PATIENCE | |
| KARMA | | PEACE | |
| KEY | | PERSUASION | |
| L | 73 | PHYSICAL | |
| L.A.F. | | POWER | |
| LEARN / LESSONS | | PRAYER | |

| TOPICS | PAGE | TOPICS | PAGE |
|-------------------|------|--------------------|------|
| PRESENT | | UNCONDITIONAL LOVE | |
| PRIORITY | | UNDERSTANDING | |
| PROBLEM | | W | 137 |
| PROCESS | | WHO WE ARE | |
| PURPOSE | | WISDOM | |
| R | 111 | WITHIN | |
| REACTION | | WORLD | |
| RECEIVING | | WORTHY | |
| REFLECTION | | WRITINGS | |
| RELATIONSHIPS | | | |
| RELIGION | | | |
| REMINDER | | | |
| RESPOND | | | |
| RESPONSIBILITY | | | |
| RIVER OF LOVING | | | |
| S | 119 | | |
| SACRED NAME | | | |
| SAYING | | | |
| SEEING | | | |
| SEPARATION | | | |
| SERVICE / SERVANT | | | |
| SIMPLICITY | | | |
| SOUL | | | |
| SOURCE | | | |
| SPIRIT | | | |
| SURRENDER | | | |
| T | 129 | | |
| TEACHER | | | |
| TIME | | | |
| TRUTH | | | |
| U | 133 | | |

A

Ask...



It's o.k. to ask...
There are some things we need.

Jim

ACCEPTING

Day after day after day after day, allow the day to be what it is.

Brian

I realized that I no longer needed to judge my past, but just to accept and forgive it.

Brian

Moving into acceptance is how we step free.

Brian

ACKNOWLEDGE

Acknowledge your circumstances as they are, not as you wish them to be.

Brian

ADVERSARY

The Adversary refuses to reach into the upper realms because then he'd have to admit there is something beside himself.

Jim

ANGER

Why do we get angry? Because we've suppressed our joy, our creativity, the loving expression of our souls.

Brian

Ask

Ask: 'What am I to do here?'

Jim

ATTACHMENT

Attachments begin with our inner attitudes or perspectives; not the things themselves that we are attached to, but how we see them.

Brian

Letting go of attachments to the world is an inner process, not necessarily an outer one.

Brian

Often times we think we're gazing very high up, but in truth, we are looking just as high as our next attachment.

Jim

Share as freely as you can, without attachments or expectations.

Brian

ATTENTION

Pay attention to what you are making important.

Jim

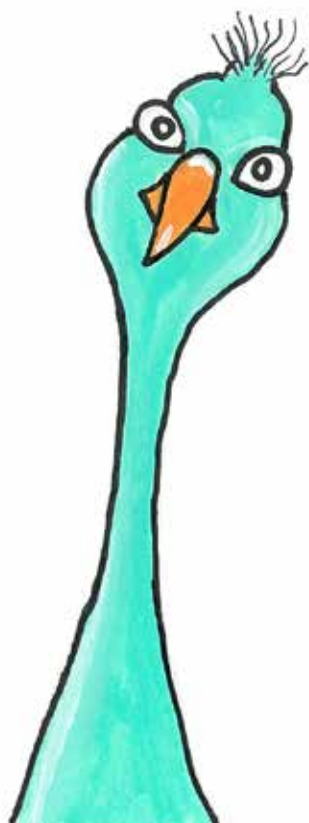
A big part of this journey is paying attention to where you find yourself: in expansion and loving? Or in misery and complaint?

Brian

Pay attention to the ripples of your actions that are returning to you.

Jim

Attention...



It's called,
'Wake up! Wake up and
pay attention!'

Brian

ATTENTION con't.

Attention is the key.

Brian

Pay attention...and whatever Spirit wants brought to your awareness will be.

Brian

We are feeding life to whatever we give our attention to.

Brian

ATTITUDE

The way we approach our lives makes all the difference.

Brian

AVOID

It is important for us to do our meditation, and also to keep from avoiding life, inwardly and outwardly.

Brian

Just because we avoid the situations or people who trigger a disturbance inside, doesn't mean we're getting free from it.

Brian

'Letting go' is not 'trying to get rid of.'

Brian

AWAKENING

One day you will awaken and realize you never left the Heart of God.

Jim

Awakening to the Divine is also awakening to the illusion.

Brian

Awakening is “coming aware of who I am in God.”

Jim

Once you’re awake to it, then you’ve got to live it. In the living of it comes the greater awakening.

Brian

Staying awake means keeping your focus on God.

Jim

The qualities of patience, gentleness, acceptance, openness, and loving help us to awaken.

Brian

To truly be awake means to be attentive to our inner and outer environment.

Jim

We have to choose God to awaken in God’s creation.

Brian

AWARE

Begin to be aware of your attitude and see if in any given moment it is serving you...or undermining you.

Jim

Living the awareness of your divinity has an impact on the world.

Brian

By holding our awareness on Loving, we move into Loving. Energy follows thought.

Jim

In waking up, we are consciously aware of the actions we are taking.

Brian

Find the way you can bring your awareness back to God again and again throughout the day.

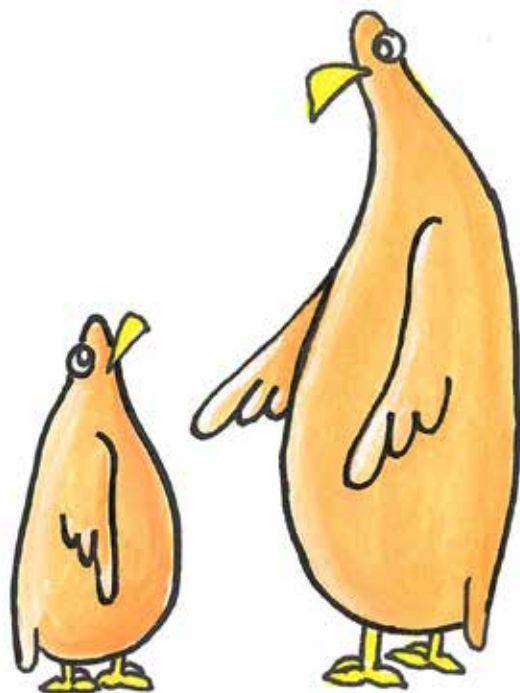
Jim

Whatever someone is experiencing, that is their movement toward Awareness.

Jim

B

Believe...



Don't believe me;
just try it out and find out
for yourself!

Brian

BLESSINGS

If we suspend our limited thinking, we will see the blessings come.

Jim

You are blessed; you have it all right now. Do it now.

Jim

BLOCKS / BONDAGE

We are the ones who created the dams that block the river of Loving. Meditation and LAF builds the power to break the dams.

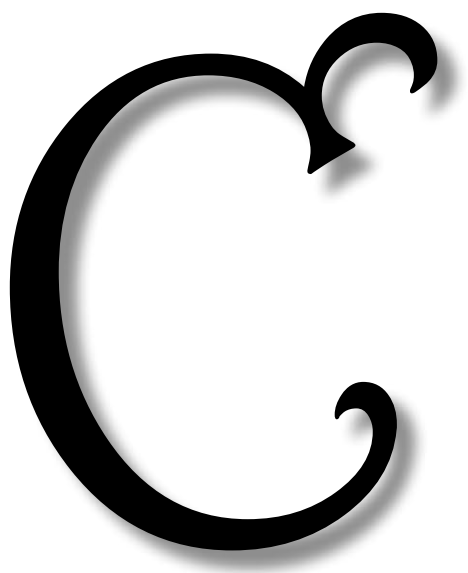
Brian

When something is blocking you, don't focus on the block; focus on God. God is the Loving. Let the Loving handle it for you.

Jim

We keep ourselves in bondage by our resistance, our protections, our defenses.

Brian



Challenge

In any challenging situation we can choose an old pattern of contraction ... or choose expansion.

Jim

Meet the challenges in your life with Loving.

Jim

Change

Allow the change in you to happen.

Jim

The push of wanting it to change is sometimes what keeps it from changing.

Brian

Don't wear yourself out trying to change the world; you can only change yourself.

Jim

The way to change it is to love it all.

Jim

Child / Children

Children see a greater truth; they may not know what to call it, but they know it!

Jim

Stop struggling to be the perfect adult; Let it all go. Become a child of God once again, instead.

Jim

Choice

It's our choice how we live: in darkness, gloom, in lack or in light, in loving, in plenty.

Jim

Every time you go within you make the choice to be with God.

Brian

Honor the choices you have made.

Jim

If we choose to love God in all things, we can see God in all things.

Brian

Why not make the choices that help you become a more joyful being?

Jim

It's your choice whether or not to stay focused on that place of peace inside.

Jim

The choice is yours: Awaken to the creation or the Creator.

Brian

You are in charge of your life; your choices are the determining factor.

Jim

CHOICE con't.

Making the choice opens the door.

Brian

Because my choice is to focus on God, that door opened, and I was more aware of God than ever before.

Brian

Christ

I am surrounded by the pure white Light of the Christ; nothing but good can come to me; nothing but good can go from me.

Jim

Commitment

Our one commitment: to be in the action of Awakening.

Jim

Community

A joyful community is a reflection of the joyous experience of Spirit.

Brian

It is important to gather together like this.

Brian

We are here to represent the Holy Spirit, to support one another in our spiritual journey.

Jim

Confrontation..



It only becomes a 'confrontation'
if we don't approach it with
Loving.

Jim

COMMUNITY con't.

We gather here simply to be in the Loving together.

Brian

Connection

God is the Eternal Now; if we stay present we experience connection with God.

Jim

In all our relationships, we are seeking connection; meditation helps us make that connection with the Holy One.

Brian

What helps you feel your connection to God?

Jim

Confidence

True confidence comes only from knowing your Oneness in Spirit.

Brian

Conscious

The goal is to be conscious here AND in Spirit at the same time.

Jim

Our consciousness moves with the physical experiences of the body.

Brian

CONSCIOUS con't.

It's important to be patient with the unfolding of consciousness in ourselves ... and in others.

Jim

Constraint

By living life from a place of constraint, we are not living life so much as existing in life.

Jim

Co-dependence

We are all needy and co-dependent – accept that and get over it. Just re-direct that co-dependence to God!

Brian

Controlling

Controlling takes a lot of energy. Just love it, instead.

Jim

In time we'll realize that we have to give up our control – because, in truth, we have none.

Brian

Get over it.

Jim

Co-operation

When we choose Loving, the mind, the body, and the emotions can co-operate together.

Brian

Create...



You are the creator of your life;
if you don't like what is
happening, change it. Change
the response, and you change
the energy.

Jim

Co-OPERATION con't.

True co-operation is always reflected in harmony, appreciation, mutual respect, and genuine sharing, which are aspects of the loving spirit within us all.

Jim

Creativity

Creative imagination is the blueprint for the physical form.

Brian

Creativity is the loving action of God.

Brian

Direct your creativity to those things that bring you greater joy, greater Loving.

Brian

If you created it, you have the power and authority to bring that creation back to the Divine.

Brian

The creative part of us always needs to be in expression somehow.

Brian

The greater truth is pure Loving; in expression, that is creativity. We are the creative principle of God!

Brian

We are all co-creators – but we may not know it.

Brian

CREATIVITY con't.

We're always creating – Spirit is a movement that never stops.

Brian

Creation

Allow creation to love God through you.

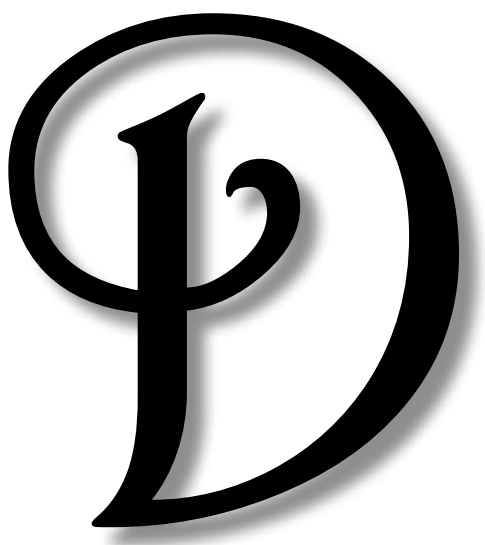
Jim

Everyone, everything in creation is looking for Loving, calling out for Loving, longing for Loving.

Jim

There is no place in creation you can go and NOT experience God. Whatever you are experiencing, God is experiencing with you, by you, for you.

Jim



Darkness

Darkness is a state of un-knowing.

Brian

Loving puts the light in the darkness. Once the light is there, you see what is really present.

Brian

There is something greater than the darkness; something more powerful than the fear.

Jim

Death

The fear of death keeps us from living a fulfilled life.

Brian

There's always tomorrow...until there isn't.

Jim

You're not gonna die until it's time for you; and when it's time for you, you're not gonna stop it.

Brian

Desire

Allow the desire for God to replace all other desires.

Brian

Focus only on what you really want – even if it is something in the world; once it is fulfilled, the desire disappears; the interest changes.

Brian

Devotion

If it is done in devotion, it all takes you to the same place – which is Soul.

Jim

Your level of devotion and loving is what counts.

Brian

The more time you devote to God, the more you receive.

Jim

Disappointment

We are disappointed because we give much more than we get back, but that's only when we "give" in the world; when we give to God, we receive so much more back than we can even imagine.

Jim

Distractions

"Holy Spirit, I ask that you go before me this day, clearing away any and all distress and distractions and allowing me to focus only on you."

Jim

Divine

There is something in us that knows, that makes us yearn for more and more of the Divine.

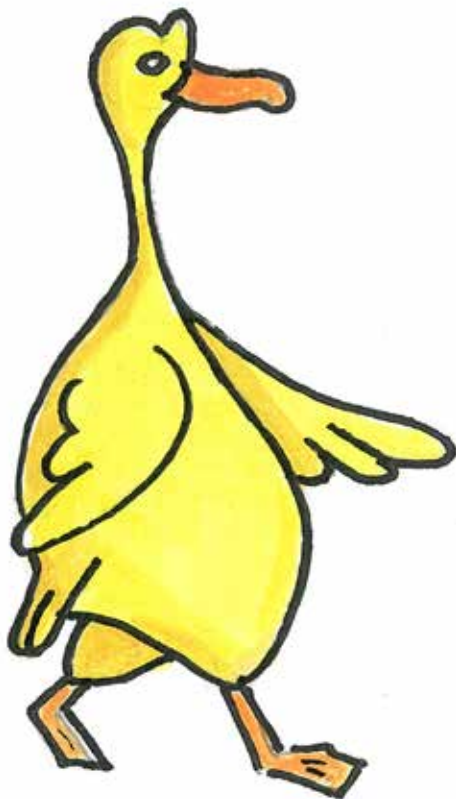
Brian

Dumb

Even dumb people get to God – I did!

Brian

Disturbance...



Walk through your process
without
causing more disturbance.

Jim

E

Ego

It's not our egos that make the spiritual happen. It's a movement of Spirit alone.

Brian

Energy

How much energy are you giving to God every day – and how much energy are you giving to the world?

Jim

Energy follows thought.

Brian

Enthusiasm

Enthusiasm is the golden clue telling us that we are following our own definition of success, which will lead to the fulfillment we seek.

Jim

We all go through phases when we lose our enthusiasm or get lazy. It's the ebb and flow. At least do a little bit every day.

Brian

Look beyond the form and begin to see the Living Essence, the energy of life, itself.

Brian

We are the essence of the loving Holy Spirit.

Jim

Essence...



I am
the Living, loving essence
of the Lord!

Jim

Experience

Each experience we have is a stepping stone to get to the top of the mountain.

Brian

All the great mystics have claimed that God is within; so go within and have experience with your own true nature, the nature of God.

Jim

All we need is one experience – from that experience we can know how to work with other experiences that we will have in the future...*if* we learn from it.

Brian

Whatever you are experiencing is your movement toward or away from Spirit.

Jim

God created us to go into God's creation to experience it.

Brian

It is through our experiences that we learn.

Brian

You've seen it in yourself and in others...and you are here because you want to experience that on a regular basis.

Brian

Honor your own experience.

Brian

F

Fear

Are you feeding the wolf of fear, of hatred, of darkness?
Or are you feeding the joy, life, and learning?

Jim

Are you going to live in fear? Or are you going to live
in Spirit?

Jim

Fear is in the past or in the future. Loving is in the
present moment.

Jim

Get beyond the fear; stretch yourself, but do it with
loving.

Brian

Go ahead and be afraid of it...but do it any way.

Jim

How much time and energy do we spend trying to
hold onto things out of fear?

Brian

Loving overrides fear.

Brian

Needing to know the results before even making the
effort means we will stay stuck in our fears and our
limited thinking.

Jim

FEAR CON'T.

The only thing that can bring peace to our fears is Loving.

Brian

When we live in fear, what we promote in our future is fear, and we promote exactly what we fear will happen.

Jim

When we allow fear to stop us from doing something, we are giving fear the power. You are choosing fear above what you think you want.

Brian

Seems scary...until you do it.

Brian

Focus

Focus on God first, God only. After all, what else is there?

Jim

Focus on the Loving, in meditation and with your eyes open.

Brian

Focus on the world, you get the world.

Focus on hate, you get hate.

Focus on love, you get love.

Focus on God, you get God.

It's really very simple.

Brian

Focus con't.

“Help me stay ever focused on You, God, moving before You and doing just as You’ve asked.”

Jim

It’s not the action; it’s where your focus is inside.

Brian

The longer you can stay focused in the Loving, the easier it is to move through the experience.

Brian

The more we are focused on the outer, the heavier our burden on the outside becomes.

Jim

Stop focusing on what you don’t want; focus on what you do want.

Brian

We all get whatever it is we focus on.

Brian

When you focus on the Loving, you are meditating with your eyes open.

Brian

Forgive

Accept and forgive what stands in between you and God so it can be removed to leave only the loving.

Brian

Forgiving...



Something that needs
'forgiving'
is FOR you to GIVE to God.

Brian

FORGIVE con't.

As we continue to forgive, we continue to dissolve the obstacles to living in loving.

Jim

Forgiveness isn't just subtracting something we don't want to hold onto; it's about adding the Loving into the situation.

Brian

As we forgive ourselves and others, we find more energy available to use for our daily living and sharing with others.

Jim

Forgiveness is a loving warmth that can thaw the frozen elements of ourselves so that love, instead of judgment, can once again be expressed.

Jim

Forgiving is removing what stands between you and God.

Brian

The meaning of forgiveness is to help you get to the place of loving God.

Jim

What is forgiveness but letting go of all those things that would attach us to this world?

Brian

FORGIVE con't.

True forgiveness is within us; not out there with others.

Jim

Freedom

I am willing to take the risk to break down the wall to get to the freedom.

Brian

I found my freedom from fears when I stopped trying to get rid of them and accepted living with them.

Brian

The bigger the mistake, the bigger the opportunity for love and greater freedom.

Jim

People try to fix the mind and heal the body and emotions, but that's not what gets you your freedom. Loving God is the only thing that works to get our freedom.

Brian

True forgiveness is surrendering and letting go – and that's the freedom.

Brian

We'll find the greatest freedom in giving it all up to God.

Brian

FORGIVE con't.

Been there...done that...forgot it.

Jim

Fulfillment

Be “greedy” and “selfish” in a spiritual sense: to fulfill who you are as soul.

Brian

Notice the little successes of everyday life; they ultimately lead to the greater fulfillment we are looking for.

Jim

There is so much to love the more we let it in, the more fulfilled our lives will be.

Brian

G

God's Loving...



God is loving His creation
through you.

Jim

Giving

The full experience of giving is also that of receiving.

Jim

Give everything – good and bad – to God.

Jim

Giving falsely isn't giving at all. If anything you may hurt yourself and others.

Jim

Goal

The goal is to live the soul we are on every level.

Brian

God

God does not impose; God invites.

Jim

Be God in expression in the physical, in the emotional, in the mental.

Brian

God first, God only.

Jim

Bring God with you into every situation.

Brian

GOD CON'T.

God is Loving. It's that simple. If you make it any more than that, you do not have the spiritual path.

Jim

God will work with each of us and appear in whatever form is the most perfect way for each of us.

Brian

God is present here and now in what I am doing.

Jim

God is so much bigger than you can ever imagine.

Jim

God is very easy to find.

God is very easy to see.

God is very easy to know.

It's actually much harder NOT to know God.

Jim

Look for God in all things.

Brian

Put God first, put love first.

Jim

We are a garden – God's garden.

Jim

GOD CON'T.

We are to love God...and allow God to love us.

Jim

You don't have to go looking for God in a temple or a mosque or a church – God is in YOU!

Jim

Goodness

Whenever we express “our” goodness, it is really God's goodness expressing through us.

Jim

Grace

That which we call ‘grace’ is God's loving in action through the Holy Spirit.

Jim

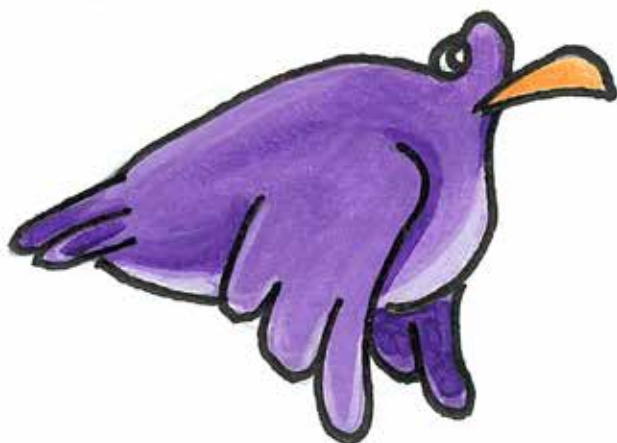
The moment of your initiation, the Holy Spirit paid your debt through grace, through Loving.

Jim

You can never repay all that you owe in the world; you need the grace of God to cancel the debt.

Jim

Good news...



The good news is
that the souls that God creates
will all come back to God
eventually.

Brian

Н

Hand of God...



Once I realized I was sitting
in the Hand of God
everything was much easier.

Brian

Hatred

Hatred is heavy and holds us down; loving is lighter and rises above all.

Jim

Rise above the frequency of hatred – of self, of others, of the world.

Jim

Healing

Healing can take place; we have to be willing to look at ourselves and not the other person to make it all right.

Jim

Heart Of God

I see you in the place of perfection; I see the soul of you in the Heart of God already.

Jim

Holiness

Look from a place of holiness to see God in all things.

Brian

Holy One

You are a Divine Spark of the Eternal Flame of the Holy One.

Jim

Holy Spirit

The Holy Spirit is God's movement of Loving in action;
the Holy Spirit is ever with us.

Jim

Place the Holy Spirit in front of you always.

Jim

That which comes upon us to work the change is not
us, but the Holy Spirit.

Jim

You are soul, you are Divine, you are of the Holy
Spirit.

Jim

Honest

Be honest with what you know right now.

Jim

Honor

Honor God as a means of loving, not of escape.

Jim

Honor the Spirit whether it is in the quiet, prayerful
times *and* in the ordinary, everyday moments, as well.

Brian

True honor is due only to the Soul – why seek it here
in the world?

Brian



Illusion

Loving dissolves the illusion until all that's left is the reality.

Brian

Our fear feeds the illusion. Surrendering the fear starves the illusion.

Brian

Why continue to give power to your illusions?

Brian

Impatience

Things in the world take time to resolve. Be patient because often impatience is another form of resistance.

Brian

Information

We're not about information – we're here to simply be in the Loving together.

Brian

Initiation

Initiation is the Hand of God. Hold onto it.

Jim

Through the action of initiation, God has paid your debt in full.

Jim

INITIATION con't.

The essence of Loving is anchored into your consciousness with the Name at the time of initiation. When you meditate using that Name, the essence comes alive in your consciousness again.

Brian

Live your initiation.

Jim

Inner

Carry the loving of your inner environment into your outer environment.

Jim

Do the 'inner play', not the 'inner work'!

Brian

If we can stay focused inside, we can have the *inner* life and take charge of our *outer* lives in a way we haven't before.

Jim

When we move forward on the inside that is reflected in our outer lives.

Jim

Inspiration

We're all inspired one way or another.

Brian

Intention

It's all about intention...

Jim

Develop a clear intention of what it is you want.

Brian

The attention and intention we put into something is what we get out of it.

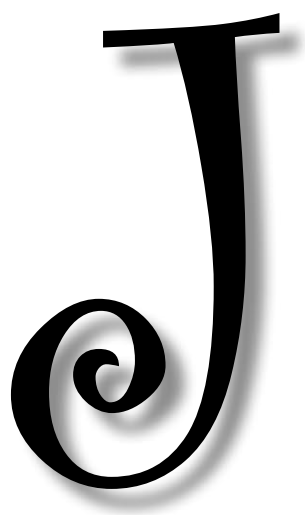
Brian

If you just love God with pure intention, nothing can get in your way.

Jim

The greater your focus and intention, the greater experience that comes to you.

Brian



Jesus

Jesus' birth was to bring Loving into the world – and so is ours. We are here to bring the Loving, to live the Loving in the world.

Jim

Jesus' role is different with each one of us; it's not about his personality, it's about the Holy Spirit and God.

Jim

Journey

It's the same journey, the same purpose for all of us – it's just the details that look different.

Brian

God is right there with you; allow God in to participate with you! You and God are going on this journey together!

Jim

Sometimes things we think of as negative become the very things to move us along on our journey.

Brian

Keep reminding yourself that your life is a journey of God though this world. Be aware of God in the journey.

Jim

JOURNEY con't.

The real journey is simply “loving God”; letting go of this journey in the world to take up the journey of the soul.

Brian

Joy

Don't depend on your will. Depend on your joy.

Jim

If we want joy in life, we must be in action, in movement. Move back and forth between Love and Peace. It fills you in a conscious way of Loving and Peace.

Jim

Joy is a bridge between Love and Peace; it ever connects and is moving back and forth between Love and Peace.

Jim

Joy is one of the aspects or qualities of God; as a soul, we carry that aspect with us. It is looking to be expressed through us.

Jim

Make choices that serve your becoming a joyful being.

Jim

Joy con't.

Something inside me was offering to bring joy into my life, and I found it not only brought joy to me, but it brought joy to other people's lives as well.

Jim

Through giving we participate in God's loving and open ourselves to receive the grace of God's abundant joy.

Jim

When you feel the gift of a joyful moment, give it to God.

Jim

Judgments

Stop judging what you are not doing and start acknowledging what you are doing.

Brian

By taking off the judgments I find that it makes it a lot easier to move into the situation, to identify the lesson that's there for me, and decide how I really want to deal with it.

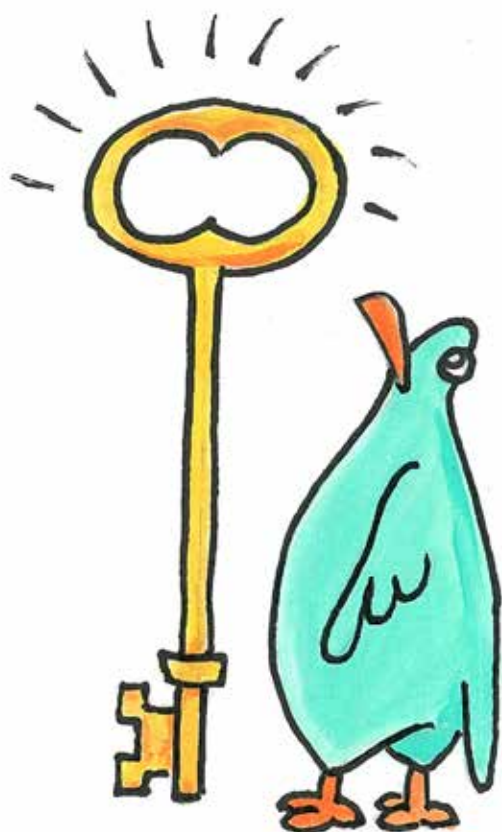
Jim

Our judgments are attachments that anchor us in the physical.

Brian

K

Key...



An unused key opens nothing.

Jim

Karma

Clouds and karma come together and disperse, come together and disperse, over and over.

Jim

Getting free of karma is not having it go away *outside*, but in getting free of it *inside* ourselves.

Brian

How do we approach ourselves, our “stuff”, our karma? Ask yourself: “Do I need to change that approach?”

Brian

If it involves force, it involves karma.

Brian

The karma isn't within the other person; the lesson is in you.

Brian

Key

The key is to live this stuff, not just talk about it!

Brian

The key is Love.

Jim

L

L.A.F...



L.A.F. -

Loving, Accepting, Forgiving

Brian

L.A.F.

Yes, we need to understand LAF, but we also need to live it.

Brian

Learn / Lessons

Allow your lessons to serve you.

Jim

Always ask, “What is there here for me to learn to love here?”

Brian

Are you hearing the nice little story or getting the lesson behind it?

Brian

If you find yourself bumping into walls and darkness, ask to be open to what you have to learn. Then learn it, and move on.

Jim

Look at the mess, look at what created it, learn from it now.

Brian

Much of what causes us pain or fear are lessons we have not yet allowed ourselves to learn.

Jim

Learn / Lessons, con't.

Negative experiences can be great teachers!

Brian

Sometimes it's good to do a lesson over and over, because when we do it again we get something new out of it that we didn't expect.

Brian

Stop complaining so much! You know something now that you didn't before!

Jim

Sometimes we're so busy looking for the lesson we forget to see the Loving.

Brian

There's only one lesson to learn: Loving.

Brian

You don't have to go in the deepest and darkest places, but often times we do, out of laziness, or curiosity or lack of responsibility. So, take responsibility and learn the lesson – live the lesson as learned so it is fulfilled. Then move forward in life.

Jim

Let Go

Let go of the unreal and take hold of the real.

Jim

Let Go, con't.

If you want the Oneness, let go of what is keeping you from it.

Brian

Let go of what isn't you.

Jim

It's a lot of work, trying to control people; let go.

Brian

Let go of anything that isn't working for you any more.

Jim

"Letting go" and emptying ourselves leaves room for God to fill us with God.

Brian

All you can do is demonstrate...and let go.

Jim

Letting go of the world can be sad. Allow yourself the process because eventually it becomes joyful to return your focus to God, not the world.

Brian

When we don't let go and move forward, we live in the past; this keeps us from moving on to our new opportunities.

Jim

LET Go con't.

You cannot hold on to anger, frustration, self-pity, suffering, and sorrow and merge into God at the same time. You must let go of them.

Jim

Liberation

I will do anything, *anything* for my liberation, and anything that will help yours.

Brian

The words we keep repeating are the simple way of liberation, of returning home to God.

Jim

There is too much focus on soul liberation and not enough on awakening to Loving.

Brian

Your liberation is just on the other side of your fear.

Jim

Life

How to live life:

Step 1. Love God.

Step 2. Let God love you.

Step 3. Repeat steps 1 and 2.

Brian

As the soul awakens, we live a different quality of life.

Jim

LIFE con't.

It doesn't matter where you live – it's what you do while you are there that matters.

Brian

Don't live the ways of the world; live the ways of Spirit.

Jim

If our lives are what we want them to be, isn't it because we've been living the Loving?

Brian

Let me live with 'what is' and see what I can do with it.

Jim

Instead of just going through the motions, we have to really *live* Spirit by participating in what is unfolding, not just inwardly, but also outwardly.

Brian

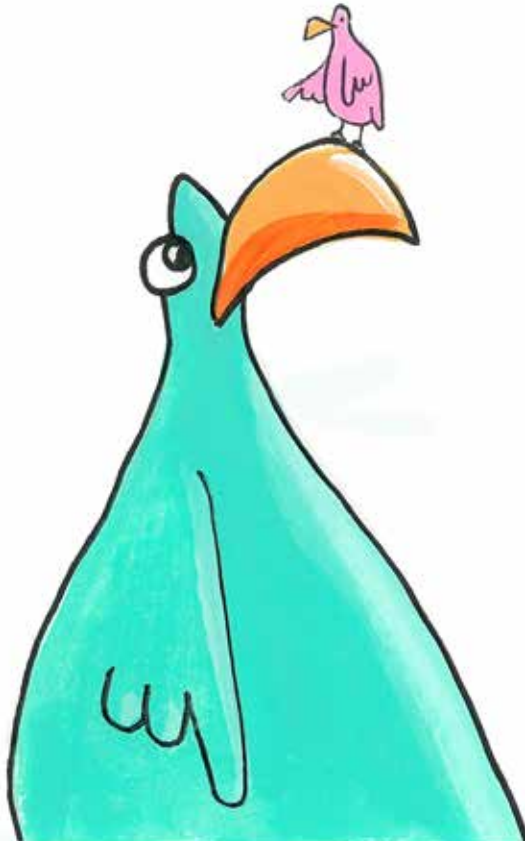
Possibly the things happening in your life right now may not seem important, but later we'll see how it all fits together.

Jim

It's almost pointless to say, 'Hang in there', because what else are we going to do any way? Even if we walk away from something, it follows us wherever we go.

Brian

Loving God...



With each action, each decision,
ask yourself:

'Am I turning toward God
or away from God?'

Jim

LIFE con't.

It's not our job to figure it all out; it's our job to live in the Loving.

Jim

Let your life be OK as it is.

Brian

Live your life in fullness, in Loving, in neutrality, in grace.

Jim

We should place ourselves in God's light and allow God's perfect plan to unfold for us and manifest in our daily lives.

Jim

Until you open yourself to the Loving you are, you are not living the life God has planned for you.

Jim

Your life can be different; you can be different. It's all a matter of your focus.

Jim

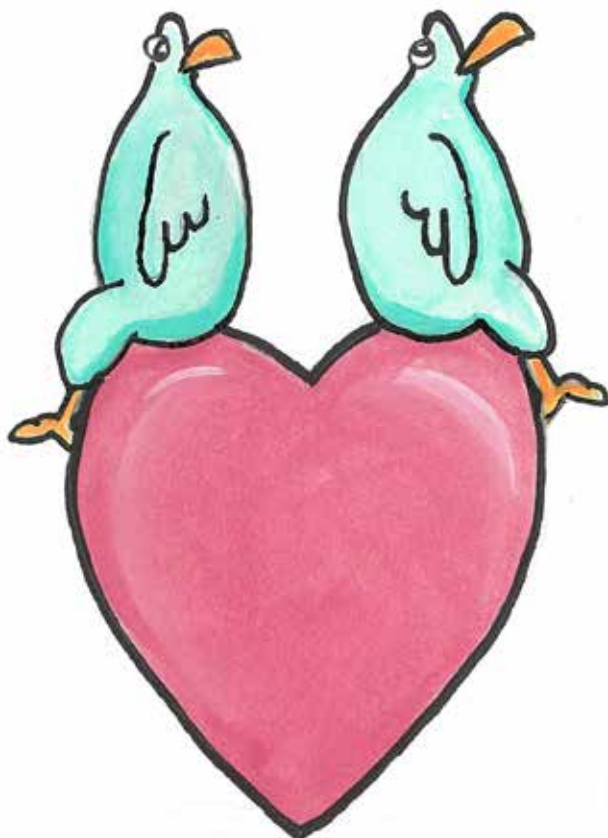
When we give the good in our lives to God, it returns to us from God; when we give the bad, it is transformed.

Jim

What do you really believe? How does it support you? How are you living it?

Brian

Sharing the Loving...



Take advantage of every given
moment to share the Loving
in any way you can.

Jim

Light

We can find the Light in everything, in everyone, in every place and in every tradition. Honor it all.

Jim

Listening

Listening to others can guide our perspective – listen.

Jim

Longing

Without the longing, it is not time to go Home.

Jim

Look

Always look up higher, wherever you find yourself, and automatically you will open the door to Loving.

Brian

Loving / Love God

Ashes to ashes, dust to dust, Essence of Loving to Essence of Loving.

Jim

Be an instrument and an expression of Loving.

Jim

By being loving with ourselves, and those around us, we have fulfilled one of the greatest missions we have come to do in this world.

Jim

LOVING / LOVE GOD con't.

Follow the Loving.

Jim

It's a two-way street; giving God's loving, receiving God's loving over and over until it is all one action.

Jim

It's not about going anywhere; it's about living in Loving.

Jim

Love God...just love God.

Brian

Loving has to be in motion to be aware of itself.

Jim

Loving is right here, right now, wherever we are.

Jim

Loving will not let anything stand in the way of union.

Jim

Once you let the Loving in, it stirs you awake to even greater Loving.

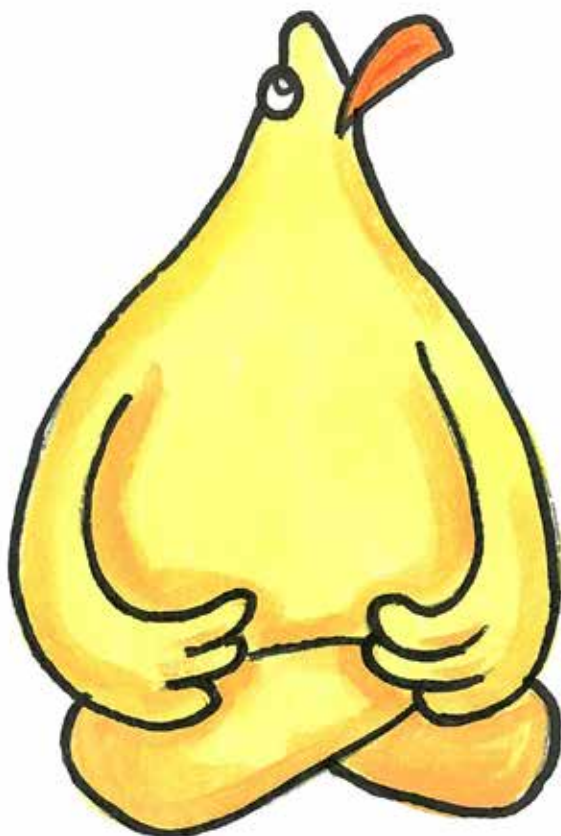
Brian

Love it all.

Jim

M

Meditation...



Meditation is just Loving.
We're not looking
for anything else.

Brian

Meditation

How much time we spend in meditation is not as important as how much devotion we have during meditation.

Jim

If all you see in meditation is darkness, then in the darkness, sit in loving devotion to God.

Jim

Meditation: taking our focus from the creation and turning it toward the Creator.

Brian

This meditation is about remembering what you are forgetting.

Jim

Meditation is only moving into the Being of Loving.

Jim

In meditation as we give our love to God, it creates a space for us to allow God to give love to us.

Brian

Meditation changes us by strengthening our awareness of our relationship with God and our true place in Spirit.

Jim

Meditating daily makes accessing your Loving easier to do.

Jim

MEDITATION con't.

Meditation helps us see the inner light, the joy, the vibrancy, the enthusiasm; it helps us to see that we have choices to make moment to moment.

Jim

Meditation is bringing ourselves to a place of openness and vulnerability with God.

Jim

Meditation is simply loving God.

Brian

Meditation opens our being more to the frequency of Loving.

Jim

Spending five minutes in actual Loving with God is better than spending two-and-a-half hours struggling and pretending to love God.

Brian

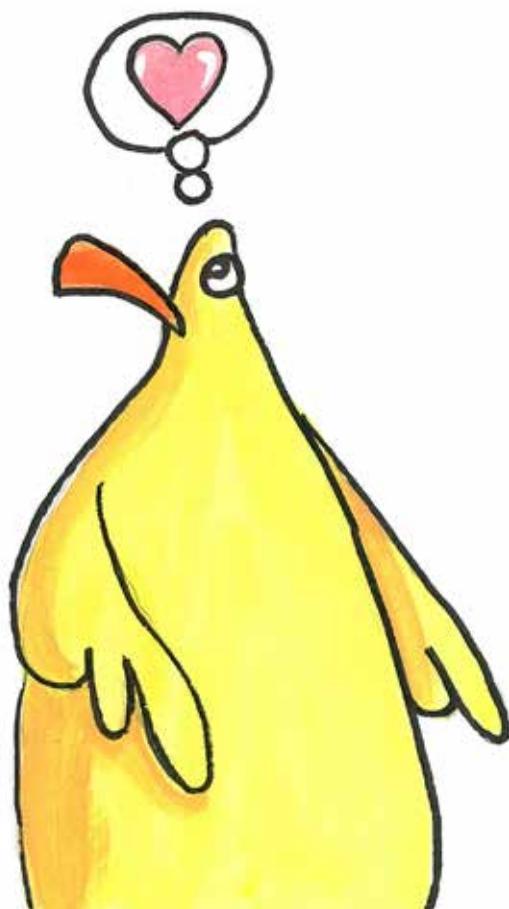
Every time you meditate, you gradually free yourself a little bit more from the physical creation.

Jim

Through meditation we open ourselves to the uplifting presence of the Spirit within and anchor it into the consciousness in which we dwell on a daily, worldly basis.

Jim

Measurement...



The measure of your spirituality
is the depth of your loving.

Jim

MEDITATION con't.

Take the judgment off your meditation. Five minutes of pure loving God can be enough.

Brian

The more you meditate, the more inner strength you gain.

Jim

Mind

Loving is really the answer. Everything else is just information.

Brian

The mechanism of the mind is both a blessing and a curse, but it does not have to have power over us.

Brian

Bring the mind under the dominion of the soul – not by force, but by Loving.

Jim

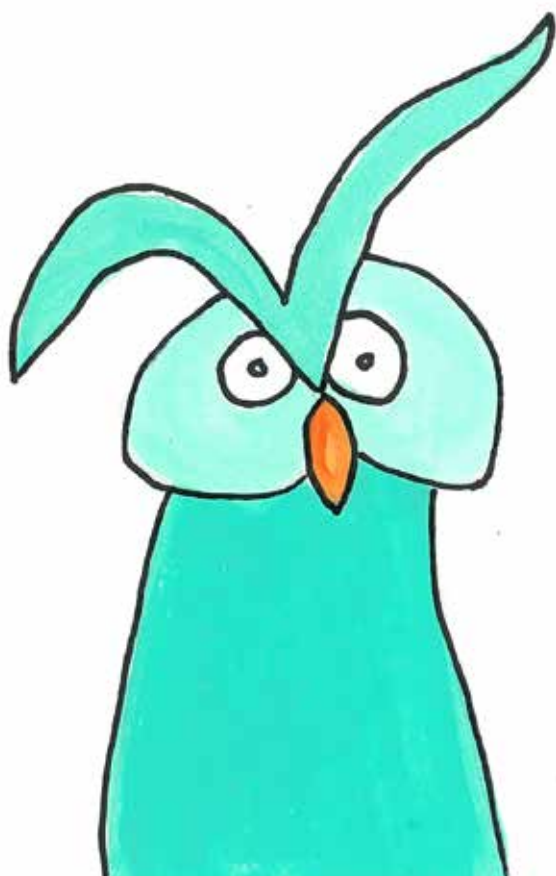
It doesn't matter what you believe or not, or know or not. We don't have to have it all figured out; just go with God.

Brian

Spirit is not about information; it is about Loving.

Brian

Motivation...



Ask yourself,
'What is my motivation
in this action?'

Jim

MIND con't.

The mind can become peaceful with answers and details, but we can trap ourselves into thinking we need those details to proceed.

Brian

You don't have to figure it all out; you just keep loving it all.

Brian

The mind will ever try to figure things out, but it will never have the understanding that Loving can bring.

Jim

N

Next step...



Make what's 'next' in your life
- God!

Jim

Next Step / Growth

We have to take the first step; then God will do God's part.

Brian

God is ever joyfully walking with each of us, knowing that with every step we're getting closer to the return.

Jim

We simply need to turn around and begin that walk back to God.

Brian

Just go where God wants to take you.

Jim

We have our part – God gives us the tools, the love, the life-force itself to help us take the next step.

Brian

Your pain and negativity can get you to take the action to move from where you are to your next step.

Brian

Now

Sometimes when we say "Now!" to God, God says to us, "But you don't know what 'now' is!"

Jim



Observe

Observe the experience – and as you look, you learn; learn to see what is there for you.

Brian

Opening

Patience and gentleness create a space within us in which we can open up to the experience of Spirit.

Brian

Ultimately, it's God who opens the door. We have to do the work to make the space for the opening, but God does the opening.

Jim

Opportunity

Each opportunity is just the next step forward on the path of our growth.

Jim

There is no better place and time than right here and right now; this is our place of opportunity.

Jim

If we keep living the Loving we are, that gives others the opportunity to tap into that Loving in us as well.

Brian

OPPORTUNITY con't.

We are constantly being presented opportunities to move into joy, peace, sharing, and loving; we can choose to respond to those opportunities.

Jim

You are here in this place, here and now, because this is where your opportunity for loving and growing is.

Jim

Outer

As you walk through the outer kingdom, participate in such a way that you open the doors to your inner kingdom.

Brian

Outer reminders are okay, but once they become background noise, they need to shift.

Brian

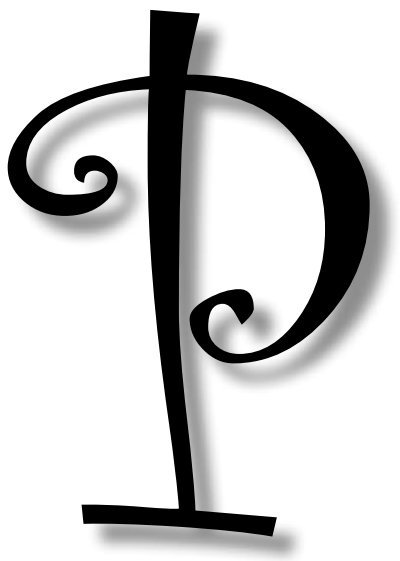
Take the outer teachings and apply them to your experience within.

Brian

Overcoming

A way to overcome a block is to meet it, confront it, let it come up to you and be with it without feeding it.

Jim



Pain

Pain can be a great motivator.

Brian

Every time you assist someone to let go of pain on any level, you are helping that person to open up to the Loving of God.

Brian

Look at what your pain is about: it is separation from yourself, from God.

Jim

The pain of the world and the promise of the spiritual both motivate us to move towards God.

Brian

Often we need to move into the depths of darkness or pain to learn the lesson, to move through it, to release it before we realize we can turn around and move away from the darkness, away from the pain.

Jim

Want to get yourself out of pain? Practice surrender.

Brian

Be honest about your pain; pain is what allows people to harm others by their behavior.

Jim

Patience...



Be patient with yourself...
it takes time to know who
you are as a spiritual being
in a physical body.

Brian

Path

There is no “one path” for everyone. The various spiritual traditions are for people where they are in their process, their journey.

Jim

There is more to this path than meditating; it’s about living the Loving every day.

Brian

This pathway is not a pathway of meditation. This pathway is a pathway of Loving, and meditation is the door to that Loving. Make no mistake about it.

Brian

This is not a path of accomplishment; it is a Path of Awakening.

Jim

This isn’t a Path for everyone; it is a Path for the few.

Jim

If we are patient, a lot of the pressures we place on ourselves are lifted, and with less pressure, life becomes more gentle.

Brian

Peace

I am the only one who can bring forth my peace in all things that I do and participate in.

Jim

Persuasion

No need to sway or convince anyone – not even ourselves.

Brian

Physical

Patterns must be replaced, because they are of the physical nature.

Jim

When we live the Loving, the Light brings clear even the small details of our physical creation.

Brian

Our bodies are the tombs from which we need to be resurrected.

Jim

Power

The negative has a lot of power, it is true; but it is our power – in Loving we can re-direct that energy.

Jim

The choices we make are more powerful than we realize. We don't see it because the results are spread out over time.

Brian

Prayer

Prayer is a process for sharing who I am with God and for making myself available to God in whatever form He might choose.

Jim

PRAYER con't.

When I pray, I simply share with God what comes from my heart – not my desire or need so much as what is in my heart at that moment.

Jim

Prayers do help us.

Brian

When we don't know what to do or how to figure it out, we need to go to God, give it all up to God, give up even the need for God's answer or else there is still attachment to what we want the answer to be.

Brian

When we pray we bring our right and left hands together in the middle – a symbol of neutrality – a physical action of an inner movement.

Brian

Present

Because God is always present within us, God's loving and joy are always within us, as well.

Jim

One day at a time, one breath at a time; focus on right now.

Jim

To be present, we have to let go of the past and the future.

Brian

PRESENT con't

Stay present in the moment; ask, “What is happening right *now*?”

Jim

There is not a time when God is not present or that we are not present in God.

Jim

The key is to be present in the moment.

Jim

PRIORITY

Make loving the priority.

Brian

We're not saying 'Do something in the world' or 'Don't do something in the world'; we're saying 'Make Loving the priority in whatever you do or don't do'.

Brian

PROBLEM

God inside of you really is way bigger than all that other stuff.

Brian

If you focus more on the Divine, the solutions show up because you are not so caught up in the problems.

Brian

Problems...



You do the Loving -
the rest gets handled.

Brian

PROBLEM con't.

We often focus on the problem instead of on God.
God is the solution. Focus on God.

Jim

I'm getting sick and tired of hearing myself complain
about this...!

Brian

It's not until we go through hell and get to the other
side that we realize what we really can do, what is
really real.

Brian

Process

Be aware of the process you're in; in meditation or
not, in a good space or bad. Bring yourself back to
focus.

Jim

Purpose

As we experience life and love, we are fulfilling our
soul's purpose.

Jim

My purpose in life is to live the spark of the Divine in
me every day.

Jim

You are here in this time, in this place, to fulfill your
soul's purpose.

Jim

PURPOSE con't.

Our purpose is to have experience in God's creation; to express God's love in all those experiences we encounter.

Jim

R

Reaction

All the reactions that all of us have are the obstacles we place between God and ourselves.

Brian

Even if you're doing the inner work, when you find you are having reactions to others again, that's letting you know that you still have work to do inside.

Brian

The more reactions we have the more lessons we need to learn.

Jim

Playing the victim is being in reaction.

Brian

Reaction is the ego holding on, trying to prove something.

Jim

Reaction is always an attachment to something.

Brian

“Reaction” is like little handles in us that fear and anger can use to hold on to.

Brian

Remember to respond instead of react.

Jim

Relationships...



Relationships are about
discovering what is ours
to handle and what is
the other person's to handle.

Brian

Receiving

Whenever I wanted something I started putting it out, and it came back.

Brian

This is not about taking things away from you; it's about your waking up to what really is there for you.

Brian

God is always loving us, but if we're not loving ourselves and others we keep the door closed to receiving God's love.

Brian

Quite often, despite wanting the gifts, we push them away - because we don't know how to receive.

Jim

Your inner experience that you receive can be related to what loving you are giving inside.

Brian

Reflection

As you transform within, the outer reflection transforms, as well.

Brian

The more we hold our focus on God inside, the more that is reflected in the outer.

Jim

Reflection, con't.

Sometimes we stop love because we think it can only look a certain way.

Brian

Religion

Whatever religion you are practicing is the right one for you. There is no 'right way' or 'wrong way'. Wherever you are is the place that holds your lessons, your Path to Awareness.

Jim

Reminder

Remind yourself: God has not abandoned you, and God has not forgotten you.

Jim

Respond

By looking at others in loving, we can respond more truthfully, with more caring.

Brian

Respond to the place inside of yourself that is closer to the Truth.

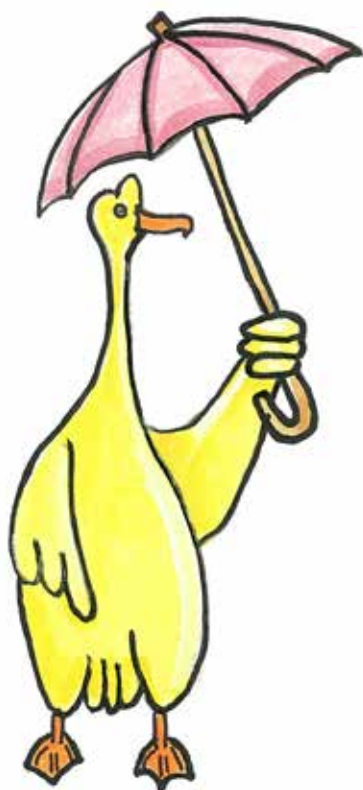
Brian

Responsibility

It's up to you to handle what you have created.

Jim

Responsibility...



Don't just sit around waiting
for God to do it all for you.
Your taking the 'action step'
is the way Spirit can move
in your life.

Brian

RESPONSIBILITY con't.

Rather than being responsible for others, be *responsible* for yourself...and *responsive* to others.

Jim

Take responsibility for your thoughts, feelings, actions, and reactions.

Jim

Take responsibility for your thoughts, your feelings, your actions and reactions...and life flows more easily.

Brian

We are responsible for our thoughts, and feelings, actions and reactions – like it or not.

Jim

River of Loving

Your work is to get into the “River of Loving”; the River will do the work of moving you to the Ocean of Loving!

Brian



Sacred Name

The Sacred Name is Loving in action.

Brian

Saying

‘Follow Me’; that’s what the Voice of God always says.

Brian

Saying it starts the process.

Jim

Anybody can say anything they want. It doesn’t make it so.

Brian

Seeing

See the Divine in all things and in everyone.

Jim

See what’s in front of you, and let go of what is behind you.

Jim

When we can begin to see and know things as they really are is when we begin to wake up spiritually.

Brian

Sometimes we do not see ourselves as successful because we are trying to live out somebody else’s definition of success.

Jim

Separation

Separation causes pain.

Jim

God does look out for all of us; but this world involves separation from God; here we look away from *God*.

Jim

If we are experiencing separation, we need to honor that experience, too.

Brian

Separation is Lucifer's goal; our defenses separate us and so help Lucifer to accomplish that goal.

Brian

When we separate ourselves from another person, we separate ourselves from God.

Jim

Whenever there's an imbalance within the order of loving God first, and then our neighbors as ourselves, we can become self-absorbed - and that will keep us in separation, not only from other people, but also from God.

Brian

One wonderful way to experience the blessings of Spirit is through doing service in any form.

Brian

Service...



Be a servant of the Lord quietly,
through smiles, laughter,
and caring.

Jim

SERVICE / SERVANT con't.

If our service is like a bumper sticker that advertises how great we are, that means we are giving from the ego.

Jim

Is it still serving you or is there something else that would serve you better?

Brian

Sometimes when we are stuck in ourselves, going out and doing something of service without expecting anything in return can move that energy back to balance.

Brian

We get where we are going with that which serves us best.

Jim

Meditate to stay in the flow of Loving; *then* be of service to others from the overflow.

Brian

Serving can be a great joy and a great burden; we need to remind ourselves to respond, not react.

Jim

SERVICE / SERVANT con't.

My service is to love people into loving themselves and help them recognize the Spirit that is in them, in others, and in all things.

Brian

Service is one of the trinity of pathways we are given to turn inward and upward.

Jim

We can serve ourselves, and those around us, but participate with loving no matter what.

Brian

I'm not in charge. I'm in service.

Jim

Simplicity

In bringing things to simplicity, we can focus.

Jim

Soul

Aspects of soul: enthusiasm, joy, delight, love.

Jim

Creator of my soul, be with me.

Jim

I love the soul in me that is God.

Jim

SERVICE / SERVANT con't.

You get what you focus on; focus on soul.

Brian

My soul knows where it came from and what it came here to fulfill. And my soul knows where it is going.

Jim

The soul's movement is away from creation toward the Creator.

Jim

My soul is like a GPS system, and whenever I am feeling lost in my life it is only because I am not using the GPS that God gave me; instead I am relying on my mind, my emotions, or the voices of others, rather than my soul.

Jim

Soul is never the victim.

Brian

You are not of this physical creation; you are a soul waking up and remembering that you dwell in the soul realm.

Jim

Source

The Loving truly does exist inside of you; it has a source and that source is God.

Jim

SOURCE con't.

Go to the source of Loving where it exists in its fullness - and that's who we are. We are the loving we are wanting to wake up to and experience.

Brian

Spirit

I am Spirit first!

Jim

Simply by being willing and vulnerable, by observing what is present, we can create the space to allow Spirit to come present.

Brian

Spirit in, Spirit out.

Brian

Express Spirit in every given moment to the best of your ability.

Jim

Spirit is already present; all we need to do is acknowledge it.

Brian

Surrender

Always surrender to God, no matter how much or how little you know.

Brian

SURRENDER con't.

This is a simple journey – as simple as surrendering to God and letting the River of Loving do the work.

Brian

T

Teacher

The teacher loves the flock so there is someone in the world who really loves you no matter how you feel.

Brian

We're all really just student and teacher to one another all the time.

Brian

Time

Compare the amount of time we spend promoting our physical well-being with the time we spend promoting our spiritual well-being.

Brian

Don't live in the rigidity of time controlling you. Live in the eternal moment of the One.

Jim

It's about being in Loving with God and God being in Loving with us; it's about spending the moment with God.

Brian

With time for God and Loving God, you get what you give; the more you give, the more you get.

Brian

Truth

A “healthy skeptical” approach to something can be very beneficial; it can create an environment of investigation – to find out the truth of something for yourself.

Jim

Don't let anything separate you from what you know to be true.

Jim

Honor your own truth, regardless of what we say.

Jim

The truth shall upset you free.

Brian

The truth will set you free, but you have to hear the truth first in order for it to set you free.

Brian

Live the truth of who you are in soul in your daily life.

Jim

U

Unconditional Love

Unconditional love restores all things to their original condition: whole and complete.

Brian

Understanding

To understand anything, we need to give it more focus.

Brian

W

Wisdom...



Your own wisdom
comes through your own
experience.

Brian

Who We Are

Don't concern yourself with the details; concern yourself with who you are as a child of God.

Brian

It's hard to be ourselves when we don't even know who we are.

Brian

Know WHO you are regardless of WHERE you are or WHAT you are doing.

Brian

Know your own divinity, to truly be yourself.

Brian

Live the light of who you really are.

Brian

We all know laughter, tears, pain, and pleasure – we're all the same.

Brian

We are all the Light of God and the reflection of God's Loving.

Brian

We each are a part of God; that is our destiny.

Brian

Who WE ARE con't.

We aren't just part of God's creation – we are God's experience in the creation.

Brian

You are not your body.

You are not your emotions.

You are not your mind.

You are Spirit.

You are Divine.

Brian

Within

At some level within yourself, you know it is time.

Jim

World

This world isn't our place.

Jim

Are you under the world's domain or are you simply experiencing it?

Brian

Instead of going into the world to look for love, go into the world to share your loving.

Jim

As you live more fully in Spirit, the things of earth will drop away.

Brian

The world is a reflection. What are you seeing?

Jim

Worthy

Your true value is in being a soul of the Lord.

Brian

Do you see yourself as worthy of the good, the abundance, the blessings you desire?

Jim

Unworthiness creates separation.

Jim

You don't need to be 'special' to have value.

Brian

We have no need to feel unworthy when we come to God – we can be who we are with God, because God accepts us as we are.

Jim

Writings

Words can help uncover the experience that lives within you.

Brian

The writings of the saints help us get in touch with the frequency of Spirit.

Jim

It's great to look to the past, to look to scripture; but at some point we need to start *living* it!

Brian

The following pages have been left blank as a way for you to record your own favorite quotes by Jim and Brian and include them in this book.

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Thank you to...

Richard Lamson - for seeing the vision with me.

Steven McAlfee - for your encouragement and loving support (and for not letting me throw the computer out the window when the going got tough!).

Bill Stratton - for taking a half-formed dream and giving it shape and then polishing it until it glowed, and for not giving up on me ever.

And, most of all, thank you to Jim and Brian – for your love, for your ongoing inspiration, and for giving me a chance to “give back”...and knowing how much that means to me.